

FREE WRITE PROMPT



Consider situations in your life that may not be going as well as you'd hoped, or people you are having tensions with, or places you're holding yourself back from living a bigger life due to fears or doubts, justifications or resistance.

Start with the meditation in this chapter. Then pick up your pen and journal and write the prompts below, and keep repeating the sentence until your pen takes off, then let it flow. Whatever comes out is what is meant to. Try not to judge or think about the words you're writing as you're writing them. Just let it all flow out of you, going where it needs to.

Then sit back and reflect on what you wrote, thank it for its lessons and what it helped you be aware of. And let it go. There are many ways suggested in the chapter for helping to energetically release what you've written out. You need to do what feels right for you. Don't judge what you feel guided to do, just be safe doing it! And if next time you want to choose a different release activity, that's totally open too! This is your retreat, and your process of moving through these situations. I look forward to this journey with you!

I am ready to let go of...

I release the need for...

*I allow _____ to move through me
& send _____ away with love &
forgiveness...*

RELEASING ACTIVITIES



There are many things you can do energetically to release & let go of habits, people & situations from your life. The biggest part of releasing is your intent. If you are not ready to let go, part of you will still hang on, & that's okay. You can always release what you are willing, & release another layer in the future when you're ready.

Below are a list of different activities to (safely) try. Read them over & if one speaks to you, try it. Know that you can always change your mind, or try something different next time.

There are no rules. Choose what you feel comfortable with.

- write a list & bury it in the ground, entrusting the earth to transmit the negativity to help you let go
- write a list & burn it safely in a fire, watching the fire dissolve all that is holding you back
- place it on the windowsill under the full moon & leave it overnight to release the energies, you can also add a moonstone crystal on top to aid in the energy transmission
- read your list to the moon & then do one of the activities above
- write on a rock what you want to let go of & toss it into the water, or a forest, wherever it can be far away from you
- take deep exhale breaths out under the light of the moon, releasing energy inside
- take a shower & visualize the water washing away all you want to release, & watch it wash down the drain, you can also swim in a lake or the ocean if you have access to this
- play music & dance imagining all you want to release floating away from you on the notes of the music
- ring some bells, use a shaker, a drum or a singing bowl & clear the energy around your written list & yourself
- use candles, sage, crystals, any other trinkets you feel drawn to, to set intentions for release
- open the windows & let the air flow
- make a cup of tea or favourite meal to honour yourself & the process you've completed

FUN MOON RITUALS



Don't let the word ritual scare you, it is simply taking time to honour yourself & your intentions to create a new situation for yourself! Below are a few explanations of some fun things you can try. Rituals are very personal things, so make sure you do what you feel called to, not what someone says you "should" do

Sacred Space: Most rituals start off with creating a space where you feel safe & comfortable. This can be anywhere, as long as you feel safe & comfortable & can focus on your intention & the activities you would like to do

Moon Water: this is simply setting a glass of water out in a window or outside under the full moon with the intention that the moon will infuse it's powerful energy into the water. The next day, thinking of your intentions, or gratitude for what you've let go of, drink the water and feel the energy flow through inside you.

Crystals: Moonstone is one of the more powerful crystals that you can include in meditating or any other part of your ritual. It has a very feminine calming energy and is very connected to the moon.

You can also use crystals to coincide with the intention you are setting or what you are releasing. Black Tourmaline is good for protecting from negative energies. Rose Quartz is good to connect to self love. There are crystals for creativity, energy, forgiveness, & so much more.

Essential Oils: using all of the senses in your ritual can be fun, & certainly on that list are essential oils. What makes you think of expansion or release? Play around with it!

Movement: often people will use dance, music, or other kinds of movement to move and clear the energy.

Sound: much the same as movement, different sound instruments can be part of your ritual to move the energy for releasing. These include singing bowls, drums, shakers, bells, flutes, even a kazoo if that's what feels right!

Preparing a Meal: If there are certain foods that bring you joy and peace, you can include them in preparing your ritual. There are herbs & certain foods connected to the moon, or sometimes people cut food into the shape of a crescent moon. It's totally up to you, what you feel drawn to.

Elements: it can be fun to incorporate elements of spirit, earth, air, fire & water into your ritual as well. Full moons are typically associated with fire, but you can include all the elements if you wish. This can include an angel or whatever spiritual symbol you connect with, soil, twigs, leaves for earth, a balloon or a wand for air, a candle for fire, & a glass of moon water...get creative! a...

Don't forget the releasing activities you have chosen! Have fun, & don't be afraid to research, or change it up as you grow & learn. This is your practice, & your sacred space!